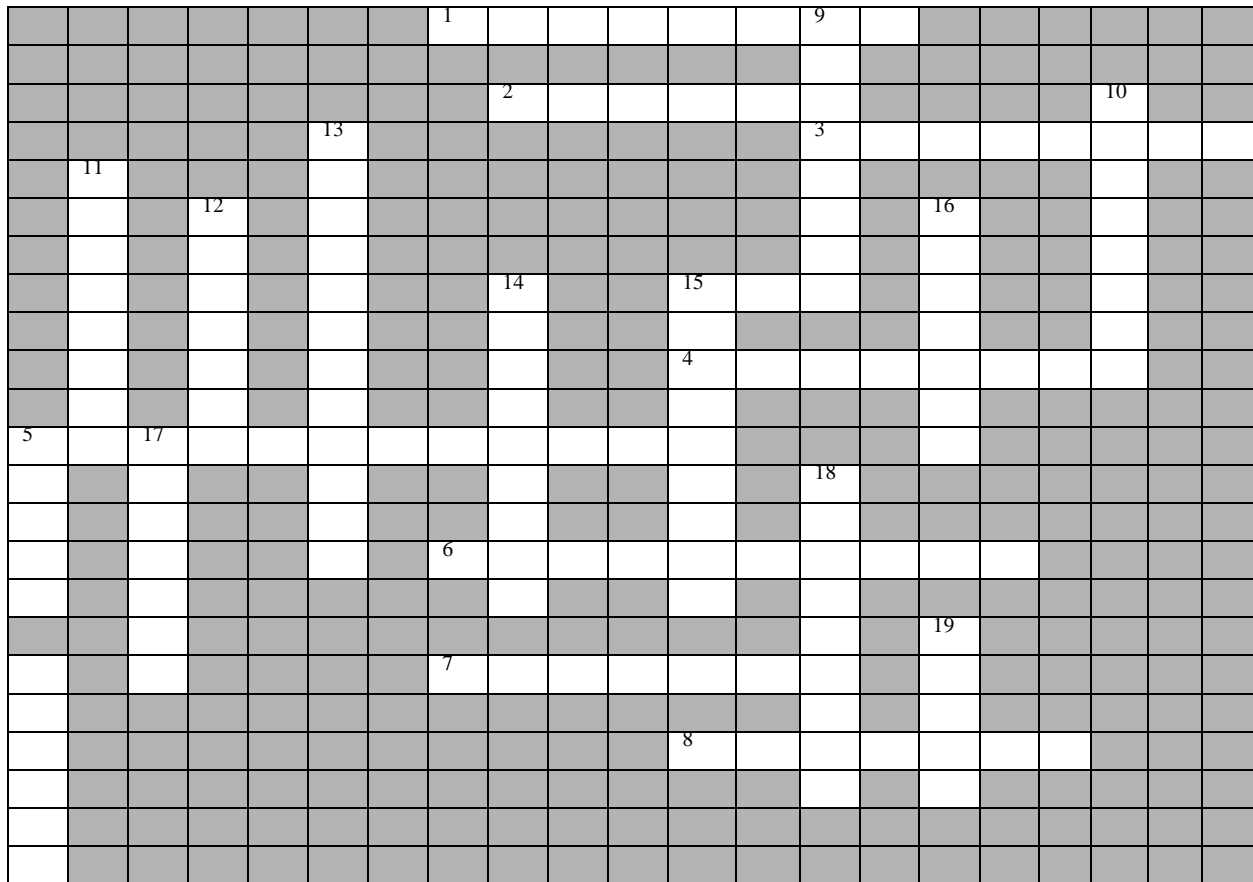


Crossword Puzzle: Basic Nutrition

Test your knowledge of basic nutrition principles with this crossword puzzle.



ACROSS

1. Units by which energy is measured
2. The physiological drive for food
3. The body's ability to recognize and eliminate foreign invaders, such as bacteria
4. Altered glucose regulation and utilization
5. Higher than normal blood pressure
6. Providing enough—but not too much—of a substance
7. Sometimes known as “blood sugar”
8. The characteristics that enable the body to perform physical activity

DOWN

5. Sudden tissue death caused by blockages of vessels that feed the heart (two words)
9. The addition to a food of nutrients that were lost during processing
10. Organic, essential nutrients required in small amounts by the body for health
11. Providing all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health
12. Providing foods of a number of types in proportion to each other

13. Condition caused by excess or deficient food energy or nutrient intake, or by an imbalance of nutrients
14. Food is broken down into absorbable units
15. Physically inactive
16. Eating a wide selection of foods within and among the major food groups
17. Found in meat, poultry, fish, eggs, milk, nuts, and seeds
18. Chemical substances obtained from food and used in the body
19. A form of carbohydrate found in plant foods that is not digested by human digestive enzymes

Word bank

Adequacy	Fitness	Moderation
Balance	Glucose	Nutrients
Calories	Heart attack	Protein
Diabetes	Hunger	Sedentary
Digestion	Hypertension	Variety
Enriched	Immunity	Vitamins
Fiber	Malnutrition	

Answer key

[illegible]

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